Positive psychology and brain injury rehabilitation

Evans J.J.

Institute for Health and Wellbeing, College of Medical, Veterinary and Life Sciences, University of Glasgow, United Kingdom

Abstract: Positive psychology (PP) is the scientific study of positive emotion and wellbeing. In recent years, there has been a shift in the focus of PP from understanding the factors that contribute to wellbeing to developing and evaluating interventions to improve wellbeing. This article addresses the question of whether the principles and practice of PP are relevant to brain injury rehabilitation. It is concluded that PP is indeed relevant to brain injury rehabilitation; that much of our current (best) practice is consistent with the principles of PP, but there remain areas where brain injury rehabilitation practice could draw further on the specific methods of PP.

Author Keywords: Goal setting; Head injury; Positive growth; Psychotherapy; Stroke; Wellbeing

Year: 2011

Source title: Brain Impairment

Volume: 12

Issue: 2

Page: 117-127

Link: Scopus Link

Document Type: Article

Source: Scopus

Authors with affiliations:

1. Evans, J.J., Institute for Health and Wellbeing, College of Medical, Veterinary and Life Sciences, University of Glasgow, United Kingdom

References:


5. Broomfield, N.M., Laidlaw, K., Hickabottom, E., Murray, M.F., Pendrey, R., Whittick, J.E., Gillespie, D.C., Post-stroke depression: The case for augmented, individually tailored cognitive behavioural therapy (2010) Clinical Psychology and
24. Medley, A., Powell, T., Motivational interviewing to promote self-awareness and engagement in rehabilitation following
31. Seligman, M.E.P., Rashid, T., Parks, A.C., Positive psychotherapy American Psychologist, 61, pp. 774-788